

FAB

Fun, Advocacy, and Brainpower

SEPTEMBER



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HOW TO LIVE MY LIFE

- ◆ Self-Direction
- ◆ Self-Determination
- ◆ Having a Job – Employment
- ◆ Supported Decision Making
- ◆ ADA Accessibility in Our Community and Home



Agenda



Introductions:



Ground Rules



- ✓ Go over your ground rules for your meeting to see if anyone would like to add a new rule or take a rule off.
- ✓ Share some of the things you have learned that interested you from the FAB topic links, with your group for the appropriate month. 
- ✓ Have fun learning, sharing and doing some of the exercises you find for the month we are in.



Fun Games



- ✓ Enjoy playing one or more of the games for the month.
- ✓ Share one or more of the wonderful recipes at your meeting.

- ✓ See if anyone wants to volunteer to make one of the recipes to show at your next month's meeting!



- ✓ End with asking if anyone has any questions or comments.



Games

Game 1

Self-Determination Activity



- ✓ Get a coffee container, a take-out container/anything you can decorate and put pieces of paper in.
- ✓ You can paint your container, tape construction paper around it and color. You can decorate it with stickers, or however you would like.
- ✓ Cut a hole at the top of your can with help.
- ✓ Get little pieces of paper or sticky notes.
- ✓ Each day, write on a piece of paper one way you were Self-Determined that day.
- ✓ At the end of the month, read all your sticky notes and pat yourself on the back or give yourself a hug!

Game 2

Would you Rather Game



1. Would you rather live in your own apartment or in a Group home?



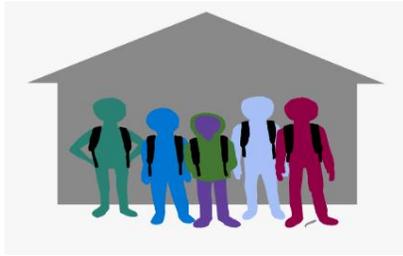
2. Would you rather live alone or with a pet?



3. Would you rather live with a roommate or with a pet?



4. Would you rather live with your significant other or in your own apartment?



5. Would you rather live in your own apartment with a pet or in a Group home?



6. Would you rather drive your own car or take Public Transportation?



7. Would you rather have what your parents, group home, CCH or roommate is having tonight or something else?



8. Would you rather have what your parents, group home, CCH, or roommate is having tonight or takeout?



9. Would you rather go out and do an activity with your parents, group home, CCH, or roommate next time they do an activity or stay home?



Brainpower – Information and resources to empower SA members to be Self-Advocates

If you are looking to run a Self-Advocacy meeting you may find the information below extremely useful. The Self-Advocate Coordinators enjoy finding and sharing the following: Links with good information, games, icebreakers, recipes and exercises that that you can learn from and have fun with as well as meet and be with other people virtual



Ability Jobs

<https://abilityjobs.com/>



Circa Jobs for Individuals with Disabilities

<https://jobs.localjobnetwork.com/disability?creative=493217805746&keyword=jobs%20for%20disabled&matchtype=e&network=g&device=c&gclid=CjwKCAjwjD0IBhA EiwAHz8xm0u nog0rkfEU7ydUeE6VJ00b921HnOZkg4CQxlbC4xT UEEHKMnoRoCqEkQAvD BwE>



<https://www.indeed.com/career-advice/finding-a-job/job-hunting-tips/>

Employment Resource for Job Hunting



<https://www.indeed.com/career-advice/finding-a-job/the-complete-guide-to-researching-a-company>

Techniques for Researching Companies You May be Interested In



<http://supportmydecision.org/>

This Link Is to a Good Supported Decision-Making Resource from the State of Maine



<https://uconnucedd.org/supported-decision-making-as-an-alternative-to-guardianship-and-conservatorship/>

UConn Supported Decision-Making Guide



<http://www.supporteddecisionmaking.org/>

National Supported Decision-Making Site



<https://www.nationaldisabilityinstitute.org/blog/the-ada-paving-the-way-for-assistive-technology/>

This Link Is about the ADA: Paving the Way for Assistive Technology



<https://www.nytimes.com/2020/07/14/style/assistive-technology.html>

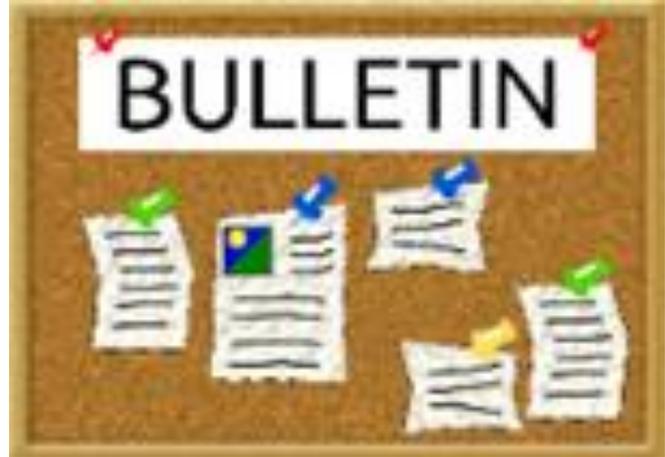
This Link is about Disabled Do-It-Yourselfers Lead Way to Technology



<https://accessibletech.org/assistive-technology/>

This Link Is About What the Difference Is Between Assistive and Accessible Technology

Virtual Board



Cooking Ideas and Exercise



Recipe 1



Preparation Time: 10 minutes

Cooking Time: 10 Minutes

Ingredients	Quantity
Pasta	1 cup
Red and Yellow Capsicum	1,1
Tomato	2
Butter	3 teaspoons
Garlic	5 cloves minced
Pepper powder	1/2 teaspoon
Red chili flakes	1/4 teaspoon
Salt	as needed
Cheese	1/2 cup grated
Honey	1 teaspoon

We rarely experience something like this, eat something and feel like visiting the place it originated from. My recipe ensures that this happens with you today. Try it and thank me later.



1. Roast red capsicum on high flame until all the outer parts are in black color as shown below in the picture.



2. Then remove the outer skin and keep aside. Now roast yellow capsicum and remove the outer skin and keep aside.



3. Chop both the capsicum and keep aside. Heat the pan with butter and sauté with garlic.



4. Add chopped tomato and cook for 1 minute.



5. Add pepper powder, red chili flakes and salt. Add chopped capsicum and cook on medium heat till capsicum is mushy.



6. Allow it to cool completely and grind it to make a fine paste. Now mix honey to the paste and mix well.



7. Take Cooked pasta in a pan, add ground paste and mix well.



8. Take pasta on a plate, add grated cheese and butter.



9. Put the plate in the microwave and cook for 2 minutes or cheese melt. Red sauce pasta is ready, serve it hot with garlic bread.



10. Enjoy!



<https://evergreenrecipes.com/red-sauce-pasta-italian-pasta-with-cheese/>

Recipe 2

Lemon Macarons



Ingredients

1 cup confectioners' sugar



1 cup flour



3 large egg whites, at room temperature



1/2 cup granulated sugar



2 tablespoons lemon juice



1 teaspoon Lemon Zest



2 or 3 drops yellow food coloring



1/2 cup lemon curd



Directions

Step 1

Preheat the oven to 400° and position racks in the upper and lower thirds.
Line 2 baking sheets with parchment paper.



Step 2

In a large, wide bowl, using a large rubber spatula or a handheld electric mixer, mix the confectioners' sugar and the almond flour with 1 of the egg whites until evenly moistened.



Step 3

In a small saucepan, combine the granulated sugar with the lemon juice and bring to a boil; using a moistened pastry brush, wash down any crystals on the side of the pan. Cook over high heat until the syrup reaches 240° on a candy thermometer.



Step 4

In another large bowl, using clean, dry beaters, beat the remaining 2 egg whites at medium-high speed until soft peaks form. With the mixer at high speed, carefully drizzle the hot sugar syrup over the whites and beat until firm and glossy.

Beat in the food coloring until the meringue is bright yellow.



Step 5

Stir one-fourth of the meringue into the almond mixture. Using a rubber spatula, fold in the remaining meringue. Transfer the meringue to a pastry bag fitted with a plain 1/2-inch tip; pipe onto the prepared baking sheets in 1 1/2-inch mounds, 1 inch apart. Tap the sheets and let dry for 15 minutes.



Step 6



Transfer the meringues to the oven and immediately turn off the heat. Bake the meringues for 5 minutes. Turn the oven on to 400° again and bake the meringues for 8 minutes, until they are puffed, and the tops are firm and glossy. Transfer the baking sheets to racks and let cool completely. Peel the meringues off the parchment paper.



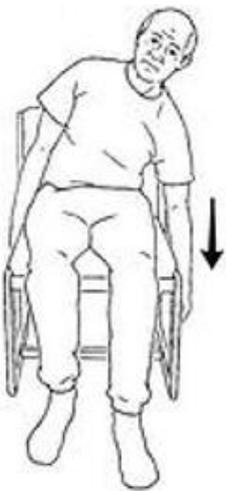
Step 7

Spoon the lemon curd into a small pastry bag fitted with a 1/4-inch tip. Alternatively, use a resealable sturdy plastic bag and snip off a corner. Pipe the preserves onto the flat sides of half of the meringues. Top with the remaining meringues and serve.



Exercises

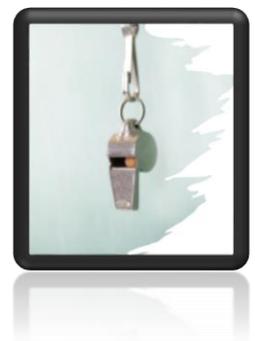
Exercise 1



Chair Exercises

1. Sitting Side Tilt

This is a great exercise to begin with because it warms up the body while improving core strength. Sit up straight in your chair and tilt your body as far as you can to the left, return to center, then repeat the exercise on your right.



Exercise 2



2. Back Archer

The Back Archer will help to improve posture and open up your chest. Clasp your hands behind your back. Arch your back and push your hands away from you. Hold for 1-3 seconds, then release your hands and relax your back. Repeat.

Exercise 3

Breaking Down the Freestyle Stroke Technique

Make a splash and learn how to improve your freestyle stroke with these step-by-step swimming tips.

If you are a beginner swimmer or thinking about joining a team, you may be wondering how to improve your swimming skills. One of the first steps is learning how to do freestyle.

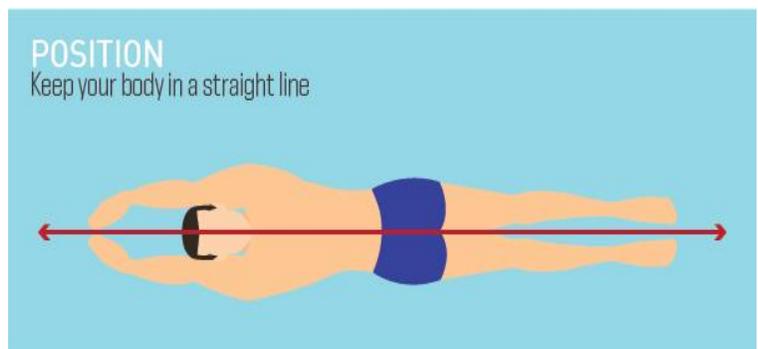
“The front crawl, or freestyle, is one of the first strokes you learn as a competitive swimmer,” Marc Christian, Division I swim coach, says.

In the freestyle stroke, you begin on your stomach with your arms and legs alternating in movement. So dive right in and break down the steps needed for you to master freestyle swimming form.

Head and Body

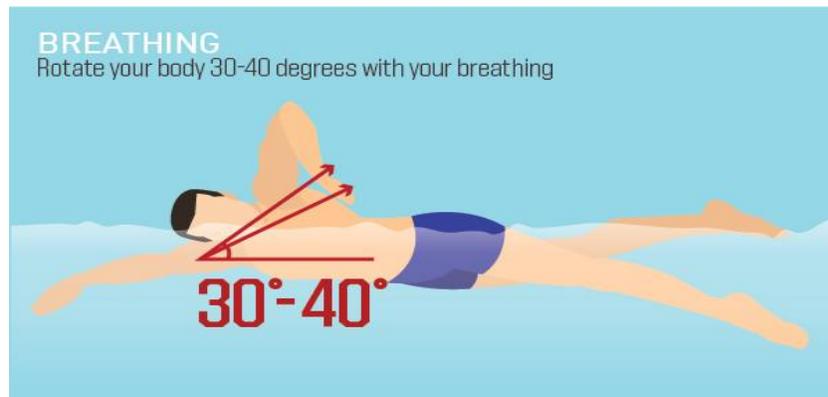
In the freestyle stroke, you should be floating on your chest with your body in a straight line and face parallel to the bottom of the pool. This flat and level body position can allow you to

move faster through the water. Keep your head still without looking forward or side to side. A good rule of thumb is to align your hairline with the water’s surface.



A key to proper freestyle technique is to rotate your shoulders and hips together along with your strokes. You should never turn on your side completely, however. This can help with the timing of your breath. You should roll your head from side to side based on which arm is currently in front of your head. When doing this, try to keep one eye in the water and one eye out of the water.

After you've improved on synchronizing your breathing with your other motions, you can begin to breathe on every two or three strokes.

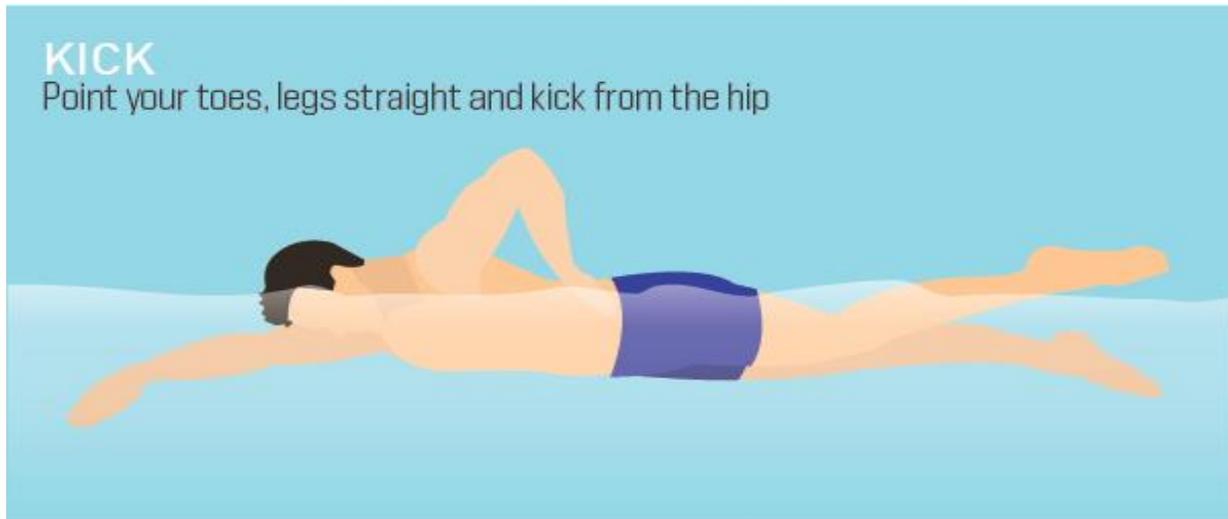


PRO TIP: Do not go more than three strokes without breathing. You need oxygen to move your muscles. If you go more than two or three strokes, you can potentially deprive your muscles of oxygen, taking power out of your stroke.

ARMS AND HANDS

The body position of the freestyle stroke allows your arms to have a wide range of motion. This is important since your arms are one of the main factors that propel your body forward.

- Begin by reaching in front of you as far as possible.
- Your fingers should be slightly open and relaxed.
- Allow your fingertips to enter the water first, above your head, to effectively move water.
- Start to pull water. Rotate your shoulder to get a high elbow to pull water as far as possible in front of your head. This can help maximize your distance per stroke.
- When pulling water, be sure to bring your arm down so that each stroke ends near your hip.
- Your hand should exit on the outside of your hip. This is known as the recovery phase.



Timing between your arm strokes is very important. You want to ensure that as one arm is finishing the recovery phase, while the other is beginning to pull water.

Freestyle Kick

The type of kick used in freestyle is known as the “flutter” kick. The flutter kick is essential to your freestyle swimming technique because it can significantly help with timing and propulsion.

- The flutter kick should originate from your hips. This should be its most exaggerated movement and it should get smaller as it progresses down from your legs to your toes.
- Kick your feet rhythmically along with your strokes. The goal is to have a six-beat kick, which means for every two arm strokes, you should take three kicks on the left and three kicks on the right.
- Small, fast kicks can help balance you and reduce drag.
- A common mistake of beginner freestylers is allowing too much bend in the knee. Focus on keeping your legs straight and moving your feet.
- Always make sure your toes are pointed.

“If you point your toes, you can actually increase the surface area of your feet and they actually become more like fins,” Christian says.

Freestyle Swimming Drill

A helpful drill for new freestylers is known as the “short dog.” The short dog allows you to focus on the front part of your stroke.

To complete this drill, start with your arms extended out front. Next, while keeping one arm extended, bend your starting arm at the elbow so that your fingers are pointed down to the bottom of the pool. After you bend your arm, recover it forward, back into the starting position. Alternate between your right and left arms.

Now that you have these Pro Tips on freestyle swimming for beginners, you can navigate the waters of learning other strokes.

Check out these helpful guides on the backstroke, butterfly and breaststroke.

<https://protips.dickssportinggoods.com/sports-and-activities/water-sports/how-to-improve-your-freestyle-stroke-in-five-steps>